1: Conzemius M-4, 5 (1921) 1932
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On the Atlantic slope of Central America this palm is grown as far north as Rio Tinto in Honduras, but on the Pacific side its northern limit is formed by Lake Nicaragua. It is found only in the cultivated state; the palms found occasionally in deserted regions indicate former village sites. A wild variety, bearing inedible small fruits, is found on the Mosquito Coast to the south of Bluefields; it is there known as "pejivalle de monte" or "wild supa."

COCONUT PALM.—The coconut palm (*Cocos nucifera* L.), called *kuku* by both tribes, is found in a semiwild state all along the seashore; some of the inland Indians have also planted a few trees. This palm is not mentioned by the buccaneers who visited the Mosquito Coast, as Exquemelin, Dampier, and Raveneau de Lussan; it was met, however, by M. W. (310). The Indians make little use of the coconut, except that they drink the water and eat the tender kernel of the young nut; very few of them extract the oil from it, as do the Creoles and Black Caribs.

SUGARCANE.—Sugarcane (*Saccharum officinarum* L.; M.: *kayu*, from the Spanish "caña"; S.: *tisnak*) was brought by the Spaniards during the early part of the sixteenth century to the New World, first to the West Indies and later to the mainland.[a] The various buccaneer authors do not say anything of its occurrence among the Miskito. The first mention of this plant on the Mosquito Coast is found by M. W. (310), who states that the Miskito King Jeremy had some in his plantation, but in those days (1699) the Indians did not yet know how to make sugar from the juice. Nowadays they drink the juice of this plant, after having allowed it to ferment; they also boil it into sirup and brown sugar.

CACAO.—Although an indigenous tree, cacao (*Theobroma cacao* L.; M. and S.: *kakau*) is cultivated only by the Ulwa, but in former days it was also grown by the Miskito (M. W.: 308, 310). The Indians also collect the pods from the various varieties of cacao trees which grow wild in shady parts of the forest.

Cacao pataste or "werbra cacao" (*Theobroma bicolor* Humb. and Bonpl.; M.: *uraň*; S.: *kuru*) is cultivated, however, in the neighborhood of the huts.

CACTUS.—Sloane (a: p. LXXVIII) reports that the Miskito cultivated the Opuntia cactus for the breeding of the cochineal insect; this must be a mistake, however, for that industry was limited to the Indian tribes of the Pacific slope and of the interior, particularly in Mexico, Guatemala, Salvador, and Honduras.

FRUIT TREES.—The most common of the indigenous fruit trees, outside of the ones enumerated above, are the following: Pineapples

[a] Hernán Cortés, the great conquistador of Mexico, introduced the plant from Haiti into Honduras (Trujillo) as early as 1526.

1: Conzemius M-4, 5 (1921) 1932
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263 or 1668 among the Indians (Sumu or Paya) living around Rio Guampú in Honduras.[a]

VANILLA.—Sloane (a: p. LXXVIII) gives an account of the method practiced by the Miskito in curing vanilla (*Vanilla planifolia;* M. and S.: *diti bfinia*). The present-day writer has not observed that the Indians make any use of the pods, except in flavoring a drink prepared from cacao and maize.

249 ANNATTO.—Annatto (M.: *dulala, tmarih;* S.: *awal*) is cultivated
263 chiefly for the face pigments furnished by the red coloring matter
177 surrounding the seeds; it is not used as a condiment, except in isolated cases, where this habit has been introduced by the Ladinos.

252 COOKING OILS.—The kernels contained in the seeds of various palms are made into oil, which is occasionally used in the kitchen. The most important one is that extracted from coconuts. The nut is grated and then boiled, the oil being skimmed off as it rises to the top. The seeds of the corozo (*Attalea* sp.), hone or oil palm (*Elaeis melanococca* Gaertn.), huiscoyol (*Bactris horrida* Oerst.), and the kahka palm are also opened occasionally to extract oil from the kernel. Cooking oil is also furnished by the red fruits of a forest tree (M.: *yari;* S.: *yara*), and by a small shrub called *wari-klua* by the Miskito.

263 SWEETENING FOOD AND DRINK.—Previous to the introduction of sugar-cane the Indians had to rely upon ripe bananas or plantains and wild honey to sweeten certain food beverages. Now sugar-cane juice is boiled into sirup or brown sugar. As soon as the juice has been squeezed out it is poured into a large pot on the fire; as the heating progresses a scum arises which is skimmed off with the aid of a calabash shell pierced with holes and attached to a long stick. When sufficiently thick the brown liquid is poured into bottles and kept until needed. For the making of sugar the juice has to be boiled somewhat longer; finally it is poured into wooden molds where it crystallizes.

VARIOUS.—The round berries of the allspice tree (*Pimenta officinalis*), which grows wild in the forest, are gathered, dried in the sun, and used to flavor certain beverages.

Black pepper and cinnamon have also been introduced into the native kitchen; both of these commodities are bought in the local shops.

276 The chewing of coca, which was a current habit among the Nicarao of the Pacific coast of Nicaragua at the time of the conquest, appears to have been unknown on the Mosquito Coast.

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[a] "Hacen sal de unos árboles que hay en aquellas montañas, a manera de coyol o coco; rajan este árbol, hazendo astillas, quemanlo, hacen ceniza, hacen de ella legía; esta en una olla grande la echan, sola la legía sin la ceniza, y a fuego manso la van calentando hasta que se convierta en sal; es muy blanca, pero no tan fuerte como la que usamos." (Serrano y Sanz: 368.)